



HOEC 100 – Foodways, Nutrition & Health
CRN# 77288 (3 units)

FALL 2009

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Tues & Thurs 9:00-11:15 a.m.
DeAvila school site, Room #308
1250 Waller St. (near Masonic)
(entrance on Waller St. only)

Office Hours: Tuesdays and Thursdays, before or after class; other times by appointment

Course Description

This course is the study of the cultural, social, and economic influences on food habits of different groups; their diet-related health risks and implications; cross-cultural communication strategies; food budgeting and meal planning; and foodservice safety and sanitation.

Prerequisite: *Acceptance to the Nutrition Assistant Program*

Required Texts

NSF Center for Public Health Education. *Professional Food Manager Certification Training*, NSF HealthGuard version 4.0, 2005. NSF Center for Public Health Education at www.nsf.org/cphe, (ISBN 0-9675817-6-1). Available from CCSF Bookstore.

California Food Guide. Sacramento, California: California Department of Health Care Services and California Department of Public Health; 2008. Available at <http://www.cafoodguide.ca.gov>. (Download Chapters 16-20 on Ethnic Dietary Issues)

Graves, DE, Suitor, DW. *Celebrating Diversity: Approaching Families Through Their Food* (rev. ed.). Arlington, VA: National Center for Education in Maternal and Child Health, 1998. (loaned from Consumer Ed Department)

Other Materials

Other supplemental written materials will be provided in class.

All students will have to pay a fee for the food safety certification exam (TBD, approximately \$30 payable in cash to the instructor).

Reference texts on reserve at John Adams library:

Kittler, P.G., and Sucher, K.P. *Cultural Foods, Traditions and Trends*, Wadsworth/Thompson Learning, 2000.

Kittler, P.G., and Sucher, K.P. *Food and Culture, 4th Edition*, Wadsworth/Thompson Learning, 2004.

Method of Grading*

Food safety Certification Exam	80	Grade Calculation:
Quiz	25	A 91-100%
Celebrate Diversity presentation/report	75	B 83-90%
Assignments	55	C 75-82%
Class participation & attendance	48	D 67-74%
	<hr/>	F <67%
TOTAL possible points*:	283	

*subject to change

NOTE: <75% of points earned disqualifies student from program

Attendance and Participation

Students are expected to attend class regularly, and be on time. This course is taught in such a way that each class builds on information discussed in the previous session. On occasion, some classroom activities must be completed in class, with points earned for participation. Classroom activity sessions will require working individually or in groups.

Students must report an absence to the instructor via e-mail or phone as promptly as possible, just as you would for any job. Students who are absent will be responsible for all materials discussed, activities completed and/or assignments that are due. If you are absent, assignments may be dropped off, faxed, or emailed by the due date. As a rule, NO make-up quizzes, tests, and/or late assignments will be accepted. Only in extenuating circumstances, make-ups may be allowed only at the discretion of the instructor. It is the student's responsibility, NOT the instructor's, to take the initiative to make an appointment with the instructor, and/or to find out what he/she missed from fellow classmates.

Students with any absence must meet with the instructor for a conference.

Students with **3 absences** will receive a grade of "Incomplete" (if grade so far is C or better) or be withdrawn from the program. If a student is absent for two (2) consecutive days from class due to illness, a physician's note is required before the student is allowed back to the program.

Attendance at all classes is limited to enrolled students only. Others, including children, will not be allowed to attend class sessions. Any student who does not comply with this will be sent home.

Punctuality

Students **MUST** arrive to class on time. We start and end our classes on time. Any student who arrives more than 10 minutes late is marked "tardy". Three tardies will be counted as one absence. Be sure to call in and leave a message if you are running very late. But realize that calling to say the student will be late does not excuse the tardiness.

Add and Withdrawal Deadlines and Policy

The last day to ADD is October 1, 2009.

Last day to DROP for refund is September 24, 2009.

Last day to DROP without a "W" and to receive 50% non-resident refund is October 13, 2009.

Last day to DROP with a "W" is November 19, 2009.

Remember, it is the student's responsibility to drop or withdraw from a class if he/she does not want to be assessed fees or avoid a grade notation. It is an instructor's responsibility to clear his/her class rosters. Note the two different types of responsibilities. Instructors are not responsible for meeting student deadlines.

Class Participation

Classroom activity sessions will require working individually or in groups. There are times when your group will be assigned to you, and other times are self-selected. You must learn how to work effectively with a team, collaborate, delegate, and resolve potential conflict. A student absent during any activity session will not earn points for the activity and participation. Make-ups for excused absences are at the discretion of the instructor.

Homework Assignments

Students are expected to submit assignments on time. Late assignments will NOT be accepted. All assignments must be completed by the student himself/herself, except for group assignments. No points will be given for work completed by someone else. Since assignments cannot be resubmitted for a better grade, it is important that the student submit his/her best work the first time. All written reports must be typed, double spaced, 1" margins, 12-point font. Please use spell/grammar check.

Group Oral Presentation

Students will work in pairs or groups to present an oral presentation on a chosen topic, approved by the instructor. An outline of the presentation must be submitted. Since members of the group will receive the same grade, work must be divided equally and each person must do his/her assigned task. As a professional, you must learn to work effectively in a team and prevent/resolve conflicts.

Receipts for Food Expenses – Follow instructions EXACTLY!

For any in-class food demonstrations/tasting, students should get approval and a budget limit from the instructor. Submit receipts for food expenses promptly to the instructor. Receipts should include only those items purchased for the class. **Do not submit receipts with personal items mixed in – they will NOT be accepted. Receipt must clearly state the name of the vendor, and items purchased. Write the CRN# 77288 at the top of the receipt.** If the items are not printed, neatly hand-write each item next to the price. Failure to follow proper procedures for reimbursement may result in the student NOT getting reimbursed.



Foodways, Nutrition & Health

HOEC 100, Fall 2009

DATE	TOPIC
Week 1: Tuesday, 9/22 Thursday, 9/24	Course overview; Intro to Food Safety Food Safety Hazards & Contamination
Week 2: Tuesday, 9/29 Thursday, 10/1	Personal Hygiene Safe Food Handling
Week 3: Tuesday, 10/6 Thursday, 10/8	Equipment & Facilities HACCP
Week 4: Tuesday, 10/13 Thursday, 10/15	Review; Food Safety Certification EXAM Food Budget; Smart Shopping
Week 5: Tuesday, 10/20 Thursday, 10/22	Stores & Promotion; Food Labels Meal Planning
Week 6: Tuesday, 10/27 Thursday, 10/29	Meal Planning/Personal Food Choices QUIZ; Personal Food Choices
Week 7: Tuesday, 11/3 Thursday, 11/5	“Unnatural Causes” – Health Disparities Intercultural Communication; Counseling within Culture; Cultural Foodways – Guest speaker TBA
Week 8: Tuesday, 11/10 Thursday, 11/12	Nutrition Education in Diverse Communities Cultural Foodways – Filipino (Guest: Joanna Snyder, NA Grad 2007, SFSU dietetic student, 9:15 a.m.) Cultural Foodways – Vietnamese (Guest: Kim Nguyen, MS, formerly of the Center for Weight & Health, UCB, 10:15)
Week 9: Tuesday, 11/17 Thursday, 11/19	Cultural Foodways – Chinese (Guest: Sylvia Lau, MPH, RD, CDE, Chinatown Public Health Center, 10:15 a.m.) Cultural Foodways – African American (Guest: Gloria Brown, UC Cooperative Extension Emeritus & African American Community Health Advisory Committee, 10:15)
Week 10: Tuesday, 11/24 Thursday, 11/26	Cultural Foodways – Latino (Guest: Laura Brainin- Rodriguez, MPH, MS, RD, Coordinator Feeling Good Project, SF Department of Public Health, Nutrition Services, 10:15) THANKSGIVING HOLIDAY
Week 11: Tuesday, 12/1 Thursday, 12/3	Cultural Foodways – Jewish (Guest: Cheryl Magid, RD L’Chaim Adult Day Health Center, 10:15) Oral Presentations (3 groups)
Week 12: Tuesday, 12/8 Thursday, 12/10	Oral Presentations (3 groups) Oral Presentations (3 groups)
Week 13: Tuesday, 12/15	Oral Presentations (3 groups)